

Connect WITH Your World

# Practice positivity

Did you know that practice can train your brain to be more positive? A positive attitude is tied to lower blood pressure and blood sugar, decreased risk of heart disease and depression, a stronger immune system, better coping skills, better weight management, and a longer life!

For best results, practice seeing the good in yourself and others and making the most of every situation. And, positive energy is contagious. Share some and see what happens!

